

# SAFE Spotlight

September/October 2009



THE SAFE COMMUNITY NETWORK IS AN INITIATIVE OF THE IOWA DEPARTMENT OF PUBLIC HEALTH'S BUREAU OF SUBSTANCE ABUSE PREVENTION & TREATMENT IN THE DIVISION OF BEHAVIORAL HEALTH

## Study Shows Binge Drinking is Also a Problem for Older Adults

Binge drinking is usually seen as a problem of college campuses but many older adults may be overindulging in alcohol as well, according to a U.S. study published on Monday. Using data from a government survey of nearly 11,000 Americans aged 50 and up, researchers found that 23 percent of men and nine percent of women aged between 50 and 64 admitted to binge drinking in the past month.

Among adults age 65 and older, more than 14 percent of men and three percent of women reported bingeing on alcohol which was defined as having five or more drinks on one occasion, on at least one day in the past month.

Alcohol binges are often considered a problem of youth. One recent government study found that among U.S. college students between the ages of 18 and 24, 45 percent reported a recent drinking binge. But the new findings, published in the American Journal of

Psychiatry, show that older adults can be susceptible too, according to Reuters Health.

Along with binge drinking, the survey looked at so-called at-risk drinking -- drinking habits that could have negative effects on a person's health. In this study, at-risk drinking was defined as averaging at least two drinks per day. Among 50- to 64-year-olds, 19 percent of men and 13 percent of women were at-risk drinkers. The figures among older men and women were 13 percent and 8 percent, respectively.

Binge drinking carries a number of risks, including accidental injuries, violent behavior, neurological damage and blood pressure increases. But the researchers noted that most people who binge drink are not dependent on alcohol, so their problem drinking may go unrecognized.

SOURCE: Reuters.com and the American Journal of Psychiatry, online August 17, 2009.

## Drug-Free Work Week and Red Ribbon Week

Celebrate two national campaigns through your coalition in October. **Drug-Free Work Week**, held October 19-25, 2009, is a public awareness campaign that highlights the importance of being drug free to workplace safety and encourages workers with alcohol and drug problems to seek help. All organizations are encouraged to take part in *Drug-Free Work Week*. To learn more about how to do so, or to get *Drug-Free Work Week* resources go to [www.dol.gov/asp/programs/drugs/workingpartners/coalitions.htm](http://www.dol.gov/asp/programs/drugs/workingpartners/coalitions.htm).

**Red Ribbon Week** is held October 23-31 each year and is a far-reaching and well-known drug prevention event in America with over 80 million people participating in Red Ribbon events. The first Red Ribbon Celebration was held in 1985 by an organization of parents concerned about the destruction caused by alcohol and drug abuse. For activity ideas, a media kit, and additional information, go to [www.redribboniowa.org/index.html](http://www.redribboniowa.org/index.html).

Interested in SAFE recertification? Find the application at [www.idph.state.ia.us/bh/sa\\_safe\\_network.asp](http://www.idph.state.ia.us/bh/sa_safe_network.asp)

### Funding Availability\*:

- **Alliant Energy Foundation**  
[www.alliantenergy.com](http://www.alliantenergy.com)
- **Christopher D. Smithers Foundation: Alcoholism Prevention and Education Grants**  
[www.simthersfoundation.org](http://www.simthersfoundation.org)
- **Finish Line Youth Foundation**  
[www.finishline.com](http://www.finishline.com)
- **Sparkplug Foundation**  
[www.sparkplugfoundation.org](http://www.sparkplugfoundation.org)
- **State Farm Youth Advisory Board Grants**  
[www.statefarmyab.com/apply.php](http://www.statefarmyab.com/apply.php)
- **The Mentoring Collaborative**  
[www.idph.state.ia.us/apl/notice\\_of\\_funds.asp](http://www.idph.state.ia.us/apl/notice_of_funds.asp)
- **Youth Empowerment Program**  
[www.grants.gov](http://www.grants.gov)

\*Funding opportunities published here are selected for their news value and do not signify endorsement by IDPH





#### **SAFE Contact Information**

Julie Hibben, Prevention Consultant  
Iowa Department of Public Health  
321 E. 12th Street  
Des Moines, Iowa 50319

**Phone:** 515-725-7895

**Fax:** 515-281-5354

**E-mail:** [jhibben@idph.state.ia.us](mailto:jhibben@idph.state.ia.us)

**Web site:**

[www.idph.state.ia.us/bh/sa\\_safe\\_network.asp](http://www.idph.state.ia.us/bh/sa_safe_network.asp)

#### **History of the SAFE Community Network**

In 1989, the Iowa SAFE Community Network was launched in response to needs and concerns expressed about substance abuse issues across the state. Initially, SAFE was an acronym for "Substance Abuse Free Environment" but now the SAFE format can be used to focus on many prevention-related issues. Offered by the Iowa Department of Public Health, this program helps communities collaborate to reduce substance abuse, crime, violence and other related problems. The Iowa SAFE Community Network is designed to enhance, recognize and support existing prevention services and initiatives in the community and to be a resource to its citizens.

### **Upcoming Training Opportunities**

#### **MAYO CLINIC NICOTINE DEPENDENCE**

**WORKSHOP** ON SEPTEMBER 30 IN DES MOINES. FOR MORE INFORMATION AND REGISTRATION GO TO [WWW.TRAININGRESOURCES.ORG](http://WWW.TRAININGRESOURCES.ORG)

#### **PREVENTION SYMPOSIUM**

ON NOVEMBER 5, 2009 IN DES MOINES. FOR MORE INFORMATION GO TO [WWW.TRAININGRESOURCES.ORG](http://WWW.TRAININGRESOURCES.ORG)

#### **SUBSTANCE ABUSE PREVENTION**

**SPECIALIST TRAINING (SAPST)** ON OCTOBER 7-8 AND NOVEMBER 12-13 (THIS IS A FOUR DAY TRAINING) IN JOHNSTON. FOR MORE INFORMATION AND REGISTRATION GO TO [WWW.COUNTERDRUGTRAINING.COM](http://WWW.COUNTERDRUGTRAINING.COM)

#### **SUPPORTING CHILDREN OF THE GUARD AND RESERVE**

ON NOVEMBER 4-5 IN JOHNSTON. FOR MORE INFORMATION AND REGISTRATION GO TO [WWW.MILITARYCHILD.ORG](http://WWW.MILITARYCHILD.ORG)



### **Strategic Prevention Framework State Incentive Grant (SPF SIG) Update**

Many people have been awaiting additional information from IDPH about the direction of the SPF SIG grant. The application details will be finalized when the revised budget is approved by the Center for Substance Abuse Prevention. Community coalitions will be funded directly or through a fiscal agent. Criteria will include needs assessment data related to binge drinking and underage alcohol use and related problems and a willingness to employ the five step Strategic Prevention Framework planning process. For more information about the SPF process, go to <http://prevention.samhsa.gov>. Additional grant updates will be included within this newsletter as information becomes available.

### **Save The Date: Prevention Symposium**

IDPH is sponsoring the Prevention Symposium which will be held on November 5th, 2009 at the Ramada Inn Northwest in Des Moines. Be watching for additional details and registration on the Training Resources Web site at [www.trainingresources.org](http://www.trainingresources.org).

### **Free Back to School Resources from The Anti-Drug Campaign**

To help agencies, coalitions and parents, the National Youth Anti-Drug Media Campaign is offering unlimited copies of resources that provide information, ideas, and examples of the skills busy parents and caregivers can use with their teens. All publications are thoroughly researched and

reviewed by scientists, parents, and others to ensure accuracy. To view, download, or order parent materials, go to [www.TheAntiDrug.com/Resources](http://www.TheAntiDrug.com/Resources).

### **Telling the Coalition Story**

Wondering how to get your coalition's message out to the community? Confused by all of the available social networking tools? Would you like to enhance your coalition's communication efforts? If so, please check out CADCA's "Telling the Coalition Story: Comprehensive Communication Strategies." This booklet provides an advanced overview of various tools and strategies regarding communication. To download for free, go to [www.coalitioninstitute.org/Coalition\\_Resources/MediaPublication-01-2009.pdf](http://www.coalitioninstitute.org/Coalition_Resources/MediaPublication-01-2009.pdf).

### **Medical Marijuana Hearings**

"Medical Marijuana Hearings" are currently being hosted by the Iowa Board of Pharmacy. Anyone is invited to provide oral or written information on the pros and cons of using marijuana as medicine. Hearings will be held on September 2nd in Mason City, October 7th in Iowa City, and November 4th in Council Bluffs. For detailed information about times and specific locations of the Hearings, go to [www.iowa.gov/ibpe/marijuana\\_hearings.html](http://www.iowa.gov/ibpe/marijuana_hearings.html).

The Office of Drug Control Policy has information and resources about using marijuana as medicine available on their Web site at [www.iowa.gov/odcp/drug\\_information/marijuana.html](http://www.iowa.gov/odcp/drug_information/marijuana.html).